



MOODY AFB
"HOME OF THE FLYING TIGERS"
INTEGRATED DELIVERY SYSTEM (IDS)
NEWSLETTER &
"PEOPLE PROGRAMS CALENDAR"
Bringing *People* and *Services* Together!

Jan 13; Vol 17, No 1

View this edition at www.moody.af.mil/ and click on "*Families and Airmen*" Link



January is
National Stalking Awareness Month

Ann E Lukens, MAFB IDS Member

It is a time to focus on a crime that affects 6.6 million victims a year (*National Intimate Partner and Sexual Violence Survey*, 2011 and *Stalking Victimization in the United States*, Bureau of Justice Statistics, 2009)

- **Women are stalked at a rate three times higher than men**
- **Persons ages 18-24 experienced the highest rates of stalking victimization**
- **Eleven percent (11%) of victims have been stalked for five or more years**

The 2013 theme — "**Stalking: Know It. Name It. Stop It.**" — challenges the nation to fight this dangerous crime by learning more about it. Stalking is a crime in all 50 states and the District of Columbia, yet many victims and criminal justice professionals underestimate its seriousness and impact.

- Twenty percent (20%) of stalkers use weapons to harm or threaten victims.
- Stalking is one of the significant risk factors for femicide (homicide of women) in abusive relationships.
- One in four victims re-ports that the stalker uses technology, such as computers, global positioning system devices, or hidden cameras, to track the victim's daily activities.

Victims suffer anxiety, social dysfunction, and severe depression at much higher rates than the general population; many lose time from work or even have to move as a result of their victimization.

Stalking is difficult to recognize, investigate, and prosecute. Unlike other crimes, stalking is not a single, easily identifiable crime but a series of acts, a course of conduct directed at a specific person that would cause that person fear. Stalking many take many forms, such as assaults, threats, vandalism, burglary or animal abuse, as well as unwanted cards, calls, gifts, or visits. Stalkers fit no standard psychological profile, and many stalkers follow their victims from one jurisdiction to another, making it difficult for authorities to investigate and prosecute their crimes.

In the State of Georgia, **stalking** is defined as when someone: (1) *Follows you*; (2) *Places you under surveillance*; or (3) *Contacts you (in person, by phone, email, etc.) without your permission for the purpose of "harassing or intimidating" you* [from O.C.G.A. § 16-5-90(a)(1)]. "*Harassing or intimidating" you means that the stalker does repeated acts that cause you to reasonably fear for the safety of yourself or a member of your immediate family and that cause you emotional distress (harm). Even if s/he does not specifically threaten to physically harm you, his/her behavior could still be considered "harassing or intimidating."***

Stalking is NOT a joke...it's NOT romantic...it's NOT ok!

For more information, visit www.StalkingAwarenessMonth.org/ or if this happening to you report it to your chain of command. No one has the right to stalk you or someone that you know or care about. If you see this happening to someone, intervene and pull that person aside. **That's what a Wingman does!** Call 257-7272 for assistance.

Moody AFB will observe Wingman Day on Fri, 18 Jan 2013 - Theme = *Finding Balance in Your Life*

Georgia Women, Infant & Child (WIC)

Offers yummy, healthy food and more to pre-natal women; breast-feeding mothers (up to one year); infants; postpartum women (up to 6 months) and children up to age 5

Call Georgia WIC **1-800-228-9173** or visit on-line at www.wic.ga.gov

Military Life is Challenging!
Do You Need Someone to Talk To?

Call the **Military Family Life Consultant** at **229-561-7915** during regular duty hours (0800-1700). If you have concerns with **child-related issues**, call the MAFB **Child Behavioral Specialist** assigned to Youth Programs/CDC/Family Child Care at **229-561-7924**. This service is **FREE** and **CONFIDENTIAL**. Leave a message requesting that he/she call you back.

Airman's Guide for Assisting Personnel in Distress is new and available at the following link:
(<http://airforcemedicine.afms.mil/airmansguide>) Check it out!



SEXUALLY TRANSMITTED DISEASES (STDs) ***Written By: Jerry Dawson, Health Promotions Program Coordinator***

Sexually transmitted diseases (STDs) are diseases spread through sexual contact. STDs affect people from all walks of life, different backgrounds, different ages, and different economic and education levels. Aside from the emotional impact STDs have on interpersonal relationships, STDs can lead to numerous and sometimes serious complications down the road for everyone.

Many STDs have little or no symptoms. Regular visits to your health care provider can help detect an infection you may not have even been aware of. If left untreated STDs can lead to infertility, cervical cancer, damage to internal organs, an increased risk of HIV infection, and a range of other chronic conditions, and. The more common STDs are Chlamydia, Genital Herpes, Gonorrhea, Hepatitis B, Human Papilloma Virus (HPV), Pelvic Inflammatory Disease (PID), Syphilis, Vaginitis, and HIV/AIDS.

The surest way to avoid the contraction and/or transmission of STDs is to abstain from sexual contact. You may also reduce your risk of contracting an STD by maintaining a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected. For those who choose to be sexually active, the following tips can reduce your risk of contracting an STD:

- Reduce your number of sexual partners.
- Choose a partner who is less likely to have an STD, such as those with few or no prior sexual partners.
- Correct and consistently use condoms.

Correct and consistent use of latex condoms can reduce the risk only when the infected area or site of potential exposure is protected/covered. Since a condom may not cover all infected areas, even correct and consistent use of condoms cannot guarantee protection from all STDs.

Getting treated early for STDs can help prevent complications and reduce the likelihood of further spreading the infection. If you have genital symptoms like burning while urinating or have an abnormal discharge (mucus or pus), you should stop having sexual intercourse and see your health care provider immediately.

This article is not meant to replace the information and advice provided by your health care provider. Always seek the advice of your health care provider for any questions you may have regarding a medical condition.

For more information on preventing the spread of sexually transmitted diseases, please contact the Health and Wellness Center at 257-4292, or visit us at the Freedom I Fitness Center (located just inside the main entrance).



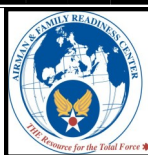
"Give Parents a Break" Dates

2013 Dates are 12 Jan; 2 Feb; 16 Mar;
20 Apr; 18 May; 22 Jun; 20 Jul; 17 Aug, 14 Sep; 20
Oct, 17 Nov, and 15 Dec



For latest on activities, visit <http://www.moodyfss.com>

Airman & Family Readiness Center
Serving personnel and families since 16 Sep 1981
(229) 257-3333/After-Hours: (229) 257-3501
Visit www.MoodyFSS.com



Want to sign up
for **Health & Wellness Center (HAWC)** classes?
Call 257-4292 or go online
<https://www.php-ids.net>

YOU can save a life! A Help Center; Help for Suicidal People, and Help for People Trying to Prevent Suicide is as close as your iPhone/iPad or Android device...

OPERATION: REACH OUT - Free military suicide prevention mobile app is available at: <http://militaryfamily.com/downloads/apps/military-suicide-prevention-operation-reach-out/>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Agency Legend: Call the agency listed to sign up: [A] = ABFRC (257-3333) [D] = Chapel (257-3211) [B] = Family Advocacy (257-4805) [E] = Youth Programs (257-3067) [C] = HAWC (257-4292) [F] = CDC (257-9220)</p>				
<p>Tater Tots Play Group meets weekly (Fridays) @ 1000-1130. Please call 257-4805 for info</p>				
<p>"People Programs Calendar" January 2013</p>				
<p>Reminder: Public school classes resume on 7 Jan (Lanier); 8 Jan (Berrien) and 9 Jan (LCS & Valdosta)</p>				
<p>"Dads 101" 2nd Tues monthly/1500 @ Clinic (B) 257-4805</p> <p>Passport to Manhood meets every other Wed @ 1700/call 257-7296 [E]</p>	<p>Federal Holiday</p> <p>7 1000-1200 PREP @ FAP Office (1/3) 1530 Power Hour [Daily/E]</p>	<p>2 0900-1300 FASES [B]</p> <p>"Power Hour" Theme for Jan 13 = Personal Development 3:30 daily @ YC when school is in session</p> <p>"Tops in Blue" - Visit www.moodyfss.com for info!</p>	<p>3 0900 Grp PreSeparation [A]</p> <p>Learn About the Common Core Georgia Performance Standards: Thurs 17 Jan 13/1830 @ TLTC, 1605 Azalea Dr. For Info, call 671-6065</p> <p>Torch & Keystone Clubs meet on @ Youth Programs on Tuesdays [E]</p>	<p>4 How about Starting 2013 tobacco-free!</p> <p>Make this the year to quit. Check out classes or computer-based training at HAWC (257-4292) or call the GA Tobacco Quit Line at 1-877-270-7867</p>
<p>5-Day Transition Assistance Workshop (7-10 2013) 0800-1600; Call 257-3333 [A]</p>				
<p>14 1000-1200 PREP @ FAP Office (2/3)</p>	<p>15 1300 IDS Mtg 1430 Prevention Anger Management [B] @ FAP (2/4)</p>	<p>16 0900 Smooth Move [A]</p>	<p>17 Training Day (ABFRC Closed 0800-1200; SLO is OPEN)</p>	<p>18 Wingman Day 2013</p>
<p>"Finding Balance" (Social Pillar)... developing and maintaining trusted, valued friendships; personally fulfilling; foster good communication, including exchange of ideas, views and experiences.</p>				
<p>21</p> <p>Federal Holiday M.L. King Birthday</p>	<p>22 0730 Right Start @ Club 0900 Grp PreSeparation [A] 1430 Prevention Anger Management [B] @ FAP (3/4)</p>	<p>23</p> <p>Make a resolution worth keeping Be the guy/gal who will take a friend or coworker's keys away. That's what being a Wingman is all about!</p> <p>Moody Spouses Club Info—visit www.themoodyspousesclub.com/</p>	<p>25</p> <p>"Milad un Nabi" (Shia/24 Jan or Sunni/29 Jan)</p>	<p>1830: Kids Night Out @ CDC & YC</p>
<p>28 1000-1200 PREP @ FAP Office (3/3)</p>	<p>29 0900 Key Spouse Training [A] 1430 Prevention Anger Management [B] @ FAP (4/4)</p>	<p>30</p> <p>Youth Programs Spring Sports Registration: 7 Jan—15 Feb 2013. Call 257-3067</p>	<p>31 1300 First Duty Station Officer Financial Readiness [A] 1500-1630 "1-2-3 Magic!" @ CDC #2 [B] continues on Fri, 1 Feb 12</p>	<p>WEEKEND EVENTS: NOTE: Youth Programs Closed on 19, 21 & 26 Jan 13 12-13 Jan 13 = 476 UTA 12 Jan 13 = GPAB @ CDC/YC @ CDC/YP Reservations Required</p>
<p>Youth Programs: Open Recreation Hours: Mon-Thurs = 5-6:00 pm; Friday = 5-10pm; Saturday = Special Events Only</p>				
<p>Beginning this month, home schooling families are welcome to visit Youth Programs (Bldg 400) on two days per month. For Jan 2013, the dates are 9 and 24 Jan from 12:30-2:30pm. Look for the home school symbol (inserted) as a reminder or call 257-7296.</p>				

What is an Integrated Delivery System (IDS) The Moody IDS is a cross-functional team of military helping agencies working together to enhance the resiliency and quality of life for this community. Our goal is to provide quality prevention programs and services by working together for the common good of the mission. Our motto—our goal—is to **Bring People and Services Together**

Chapel: 2573211

Drug Demand Reduction: 257-5900

Health and Wellness Center/HAWC: 257-4292

Equal Opportunity Program: 257-6798

Sexual Assault Response Program: 257-7272 or 560-5085

PLUS: First Sergeant Representative; Moody Spouses Club; MAFB Teen Council; 476 FG (USAFR)

Behavioral Health Flight: Mental Health/ADAPT = 257-3898;
 Family Advocacy = 257-4805; First Time Parent Program = 257-4490

Airman & Family Services Flight:

Airman & Family Readiness Center = 257-3333

Child Development Center = 257-3935/257-9220

Exceptional Family Member Program-FS=257-

4789; **Military Family Life Consultant = 229 561-**

7915; Family Child Care Program/257-3907;

School Liaison Officer/257-4380

Youth Programs/257-3067

Child & Youth Behavior Specialist = 229 561-7924



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[C] = HAWC (257-4292) [F] = CDC (257-9220)

Moody Spouses Club Info—visit www.themoodyspousesclub.com

**“People Programs Calendar”
February 2013**

Monday Tuesday Wednesday Thursday Friday

Public School Holidays:

Berrien = 18 Feb Presidents Day
Lanier = 18-19 Feb Holiday/In-service
Lowndes = 14-15/18 Feb In-service/Holiday
Valdosta City = 14-15/18 Feb Holiday

Beginning 5 Feb 13, the 23d Medical Group will have informational booths by the Pharmacy from 1100-1300 each Tues and Thurs; will showcase some of additional services that are available to beneficiaries. Please pass this on!



4

Tater Tots Play Group
meets weekly (Friday)
@ 1000-1130
Call 257-4805 for info

5

0730 Right Start @ Club
1430 Prevention Anger Management @ Clinic [B] (1/4)



7

STOMP Training Event 7-8 Feb 13; 257-4789

8

0830 PREP @ SPOT [B]

NOTE: 5-Day Transition Assistance Workshop (4-8 Feb 13) 0800-1600; Call 257-3333 [A]

11

0900 Grp PreSep [A]
1300 How to Start Own Business Seminar [A]

12

Mardi Gras/Shrove Tues
0830 Great Expectations [B]
0900 Smooth Move [A]
1430 Prevent Anger (2/4)
1500 “Dads 101 @ Clinic [B]
1600 EFMP Valentine Crafts

13

Ash Wednesday/Lent
1200 Autism Support [A]



14

Happy Valentine's Day!
0900 Federal Resume [A]
1700 Black History Month Poetry @ Youth Programs

15

1800 Membership Party [E]
0830: 7 Habits Highly Effective Teens @ the Spot; must register; 257-3067/4805

18



**Presidents Day
Federal Holiday**

19

0730 Right Start @ Club
1300 IDS Mtg
1430 Prevent Anger (3/4)

20

1130-1300 Active Parenting of Teens @ Clinic [B] 1 of 4

21

0800-1200 A&FRC Closed
(SLO Office is Open)
0900 Bundles for Babies [A]

22

0900 Key Spouse Training [A]
1830 Kids & Parents Night Out [E/F]

Youth Programs: Open Recreation Hours: Mon-Thurs = 5-6:00 pm; Friday = 5-10pm; Saturday = Special Events Only



25

0900 Grp PreSep [A]
1130 Active Parenting (2/4)

26

1300 Spouse PreDeploy [A]
1430 Prevent Anger (4/4)
1800 EFMP Support Grp [A]

27

Teen Council Mtg [E]
0900 AF 101/Heart Link Seminar [A]
1130 Active Parenting (3/4)

28

1630 Career Fair @ Youth Ctr

“Power Hour” Theme for Feb 13 = Money Matters
3:30pm daily when school is in session

Interested in Moody Runners Group?
Visit www.Facebook.com/MoodyRunners



Home schooling families are welcome to visit Youth Programs (Bldg 400); the dates are 6, 13, 21 and 27 Feb from 12:30-2:30pm. Look for the home school symbol (inserted) as a reminder or call 257-7296. (Dates are Subject to Change)

African American/Black History Month

OTHER WEEKEND EVENTS:

2 Feb 13 = **Give Parents a Break**; @ CDC/YP **Reservations Required**
9 Feb 13: Preteen Dinner & Movie (\$15); **Must Register** (257-3067)
9-10 Feb 13 = **476 FG UTA Weekend**
16 & 23 Feb 13 = Youth Programs **closed** on Saturday, but check out the Soccer Jamboree; call 257-3067 for details!



**MAFB School Liaison Office
“Board of Education/BoE” Dates**

Berrien County (1900/7pm): **8 Jan; 12 Feb; 12 Mar**
Lanier County (1900/7pm): **14 Jan; 11 Feb; 11 Mar**
Lowndes County (1800/6pm): **7 Jan; 11 Feb; 11 Mar**
Valdosta City (1900/7pm): **14 Jan; 11 Feb; 11 Mar**

Take time to attend; know what your district issues are and who your BoE representative is. Attend your child's Parent Involvement Team Mtg. MCEP/SLO Guide available at SLO/EFMP on “Newcomers” Link on Moody AFB Homepage (www.moody.af.mil)

Ms Windy Scott

Exceptional Family Member Program-Family Support (EFMP-FS)

Coordinator provides information, referral and advocacy services to all families with a special need. Come by her office in Airman & Family Readiness Center (Bldg 400) or call her at (229) 257-4789. Events include family support groups; specialized “lunch & learn” events, and national observances.

Check out her Facebook Page!



New to Moody AFB? Take a tour; call 257-2033 to reserve a spot.

"People Programs Calendar"

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Are you *That Guy*? <http://www.thatguy.com/>

March 2013

Monday

Tuesday

Wednesday

Thursday

Friday

Moody Spouses Club Info—visit www.themoodyspousesclub.com

WEEKEND EVENTS:

2-3 Mar = **476 FG UTA Weekend**
16 Mar = **Give Parents a Break** @ CDC & YC
24 Mar = Palm Sunday
30 Mar = Base Easter Egg Hunt & EFMP Easter Pot Luck/31 Mar = EASTER



Daylight Savings Time begins on Sunday, 10 Mar 13. Don't forget to set your clocks ahead!

Become Tobacco-FREE! Check out classes or computer-based training at HAWC (257-4292) or call the GA Tobacco Quit Line at **1-877-270-7867**

1 Read Across America! (CDC/SAP)
Girl Power Retreat [E]

Tater Tots Play Group meets weekly (Friday) @ 1000-1130
Call 257-4805 for info

4

March is National Women's History Month

5

1430 Prevention Anger Management [B] (1/4)

6

Youth Programs: Open Recreation Hours:
Mon-Thurs = 5-6:00 pm; Friday = 5-10pm;
Saturday = Special Events Only

7

8

1800 Membership Night [E]

5-Day Transition Assistance Workshop (11-15 Mar 13) 0800-1600; Call 257-3333 [A]

11

1130 Common Sense Parenting [B] 1/4 @ Clinic

12 **0730 Right Start @ Club**

0830 Great Expectations [B] @ Family Advocacy
0900 Grp PreSeparation A
1430 Prevention Anger Management [B] (2/4)
1500 Dads 101 @ Clinic [B]

13

0900 FASES @ Clinic [B]
1130 Common Sense Parenting [B] 2/4 @ Clinic
1200 Autism Support Grp
1630 YP Recognition [E]

14

Reminder: Informational booths are located in the area by the Pharmacy on Tues & Thurs; 1100-1300. Come see what additional services are available to you as beneficiaries

15

1830 Kids Night Out [E/F]

18

1130 Common Sense Parenting [B] 3/4 @ Clinic

19

0900 **Federal Resume** [A]
1300 **IDS Agency Mtg**
1430 Prevention Anger Management [B] (3/4)

20

0900 **Smooth Move** [A]
1130 Common Sense Parenting [B] 4/4 @ Clinic

21

A&FRC Closed (Training); SLD Office is Open!

22

"Spring Break" 1-5 Apr 13. Preparation for annual CRCTs will begin when students return to school on 8 Apr.

25 **Passover Begins Sundown**



26 **0730 Right Start @ Club**

0900 Grp PreSeparation [A]
1430 Prevention Anger Management [B] (4/4)

27

1100 **Private Sector Resume** [A]

28 **"Holy Thursday"**

1300 First Duty Station Officer Financial Seminar [A]

29

"Good Friday"
0930 Treasure Hunt @ CDC
1800 Bunny Dash @ YP

REMINDER: "Requests for Excused Absence" Letters **WILL NOT BE** approved if dates fall on school CRCT or EOCT (@ HIGH SCHOOL) testing dates! Check with your child's teacher or principal about testing dates.

Single Parent Support Group Meeting, Monthly @ 1500 on 2nd Monday at the A&FRC

Moody AFB

Chapel Corner

0900 Contemporary Protestant
1030 Catholic Sunday Mass
1215 Gospel Service

MAFB Catholic Community Info:
<http://www.moodycatholic.com/>

MAFB Protestant Community Info:
<http://www.facebook.com/Moody.AirForceBase.Chapel/>
229-3211 or 257-3501 for Emergencies



For top quality services; safety; challenging activities and a staff that cares, check out the **Moody AFB Youth Programs (257-3067)**. Check out their monthly calendars and Facebook page for the latest events. You'll find them in Bldg 400 for now while the Youth Center (Bldg 1804) is being renovated.

SAFETY TIPS: Keep you and your family safe by frequently checking **Consumer Product Safety Commission** website (www.cpsc.gov/) and the **US Food and Drug Administration** webpage (www.fda.gov/consumer/default.htm)

All types of Sexual Assault violate Air Force Standards

DoD Safe Helpline:

Call: **1-877-995-5247**

or click

www.SafeHelpline.org/

or

Text *55-247 (CONUS)

MAFB Sexual Assault Response Program
(229) 257-7272 or
(229) **560-5085**